

Stress Management

Assessment Tasks

The assessment for Stress Management is composed of a single assessment task due on the date listed below.

Task number	Task name	Due date
1	Case Study	30 Oct, 2009

You will be given written feedback on completion of the written assignment.

If you are unsuccessful the resit policy will be applied.

Resources

Class notes & readings
Bill Robertson Library
Textbooks
Internet

Stress Management

Demonstrate an understanding of stress theory and the multi-disciplinary nature of stress management

Assess the causes of a client's stress, and their current level of stress

Guide clients in the use of relaxation techniques including diaphragmatic breathing and progressive muscle relaxation

Create a stress management programme for their client that takes into account their client's lifestyle, symptoms, and any contraindications to stress management exercises.

Case Study

In this assessment you must work with two different clients who are suffering from stress or a stress-related condition, you must write up a case study for each of these clients, and you must reflect on your experiences.

Working with your clients

With each client you must

- Assess the causes of a client's stress, and their current level of stress
- Create a stress management programme for the client
- Train the client in diaphragmatic breathing and/or progressive muscle relaxation. At least one client must be trained in each of these techniques.

With one client you must continue to see that client over the course of at least three sessions after the initial assessment. Over that time you should monitor the effectiveness of the programme, and the client must be reassessed during the last session.

This means that your stress management case study must include a minimum of four sessions.

Case Studies

You must write up a case study which describes your experiences of working with each of your clients.

It is expected that you will review your class notes and other sources of material relating to stress, stress management and/or your client's condition(s) before your initial session with your clients and during the process of working with your clients.

Each of your case studies should describe

- Your client's profile (age, sex, occupation – including hours involved, activities – including hours involved, medical condition, etc.)
- Your initial session with your client including client goals, baseline assessment data, your treatment plan and rationale, and any outcomes

- Your healthcare programme including lifestyle modifications, relaxation techniques and expected frequency, and massage sessions and expected frequency.
- The potential benefits of including other healthcare professionals in the treatment, and discussion as to whether this would be appropriate. If you have chosen to consult with another healthcare professional, the process and outcomes of this consultation should be described. If you have not chosen to consult with another healthcare professional, the reasons for this decision must be explained.
- Any modifications to the initial healthcare programme and the rationale for these changes.
- Outcomes of the healthcare programme

The assessment forms which you used in your treatment should be attached, and should include a medical screening form, as well as any S.O.T.A.P. forms and stress assessment forms which have been used.

Reflection

You must reflect on your course of treatment, and consider what worked well, and what you could improve on in the future.

This reflection may be carried out within each of your case studies, or may be a single reflection which considers your stress management process in working with both of your clients.

References

All sources consulted during the development and implementation of your healthcare programme must be referenced according to APA referencing style.

Resources

It's expected that you will use your notes and class materials, and in addition will consult additional sources (books, research articles, internet-based resources and/or staff of the Otago Polytechnic massage therapy programme).

You may use the Otago Polytechnic Stress Monitor in your assessment, or your own stress measurement instrument.

Marking Criteria

The assessment schedule for this piece of assessment which contains all of the marking criteria for this assessment is contained in the file named *AS Stress MNT.xls*.